

## DEP - Depression, Major

### DEP-CUL     CULTURAL/SPIRITUAL ASPECTS OF HEALTH

**OUTCOME:** The patient/family will understand the impact and influences cultural and spiritual traditions, practices, and beliefs have on health and wellness.

**STANDARDS:**

1. Explain that the outcome of disease processes may be influenced by choices related to health and lifestyles, e.g., diet, exercise, sleep, stress management, hygiene, full participation in the medical plan. (Stoic Fatalism)
2. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness.
3. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are interactions with prescribed treatment.
4. Explain that the medical treatment plan must be followed as prescribed to be effective and that some medications/treatments take time to demonstrate effectiveness.
5. Discuss that traditions, such as sweat lodges, may affect some conditions in detrimental ways. Healing customs or using a traditional healer may have a positive effect on the patient's condition.
6. Refer to clergy services, traditional healers, or other culturally appropriate resources.

### DEP-DP     DISEASE PROCESS

**OUTCOME:** The patient and/or family will understand the psychological and physiological causes of major depression.

**STANDARDS:**

1. Discuss the common symptoms of major depression with the patient and/or family:
  - a. Persistent sadness lasting longer than two weeks
  - b. Loss of interest in usual activities
  - c. Weight loss or gain
  - d. Sleep disturbances
  - e. Energy loss
  - f. Fatigue
  - g. Hyperactive or slowed behavior

- h. Decreased or slowed sexual drive
  - i. Feelings of worthlessness
  - j. Difficulty concentrating or making decisions
  - k. Recurrent suicidal thoughts. **Refer to SB.**
  - l. Memory loss
- 2. Assure the patient and/or family that prognosis is usually good, with appropriate treatment.
  - 3. Stress that many episodes of depression are not preventable. Treatment, including medications and psychiatric intervention, may prevent recurrences.
  - 4. Discuss that antidepressant drug therapy combined with psychotherapy appears to have better results than either therapy alone.

**DEP-EX      EXERCISE**

**OUTCOME:** The patient/family will understand the role of increased physical activity in this patient's disease process and will make a plan to increase regular activity by an agreed-upon amount.

**STANDARDS:**

- 1. Explain that moderate exercise may increase energy, improve circulation, enhance sleep, and reduce stress and depression.
- 2. Explain that the goal is at least 150 minutes of physical activity a week, for example, walking:
  - a. 30 minutes 5 days per week
  - b. 15 minutes bouts 2 times a day 5 days per week
  - c. 10 minutes bouts 3 times a day 5 days per week
- 3. Encourage the patient to increase the intensity of the activity as the patient becomes more fit.
- 4. Assist the patient in developing a personal exercise plan. **Refer to HPDP-EX.**
- 5. Discuss obstacles to a personal exercise plan and solutions to those obstacles.
- 6. Discuss medical clearance issues for physical activity.

**DEP-FU      FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of treatment plan full participation and regular follow-up.

**STANDARDS:**

- 1. Discuss the patient's responsibility in managing major depression.

2. Review the treatment plan with the patient/family, emphasizing the need for keeping appointments and adhering to medication regimens.
3. Instruct the patient/family to contact a mental health professional or other medical personnel if persistent thoughts of suicide occur.
4. Explain the process for making follow-up appointments.

**DEP-IR      INFORMATION AND REFERRAL**

**OUTCOME:** The patient/family will receive information and referral for alternative or additional services as needed or desired.

**STANDARDS:**

1. Provide the patient/family with alternative or additional sources for care and services.
2. Provide the patient/family with assistance in securing alternative or additional resources as needed.

**DEP-L      LITERATURE**

**OUTCOME:** The patient/family will receive literature about major depression.

**STANDARDS:**

1. Provide the patient/family with literature on major depression.
2. Discuss the content of the literature.

**DEP-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the proper use of antidepressant medication.

**STANDARDS:**

1. Review the mechanism of action of the prescribed medication.
2. Discuss the proper use, the benefits, and the common side effects of prescribed medications.
3. Explain that some medications may have long-term effects that require regular monitoring and follow-up.
4. Discourage the use of alcohol and recreational drugs.
5. Explain that it may be six weeks before the antidepressant medication takes effect.
6. Explain that drug therapy may include one or a combination of tricyclic antidepressants, monoamine oxidase inhibitors, and serotonin re-take uptake blockers, or psychotropic medications that work by other mechanisms.

7. Discuss the risks associated with the medications especially in overdose. All medications should be stored in a safe place in child-resistant containers.
8. Discuss drug/drug and drug/food interactions as applicable.

**DEP-MNT    MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient and family will have an understanding of the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

**STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

**DEP-PSY    PSYCHOTHERAPY**

**OUTCOME:** The patient/family will understand the goals and process of psychotherapy.

**STANDARDS:**

1. Emphasize that for the process of psychotherapy to be effective the patient must keep all appointments.
2. Emphasize the importance of openness and honesty with the therapist.
3. Explain to the patient that the therapist and the patient will establish goals, ground rules, and duration of therapy.

**DEP-SCR    SCREENING**

**OUTCOME:** The patient/family will understand the screening device.

**STANDARDS:**

1. Explain the screening device to be used.
2. Explain why the screening is being performed.
3. Discuss how the results of the screening will be used.
4. Emphasize the importance of follow-up care.

**DEP-SM      STRESS MANAGEMENT**

**OUTCOME:** The patient will understand the role of stress management in major depression.

**STANDARDS:**

1. Explain that uncontrolled stress is linked with the onset of major depression and contributes to more severe symptoms of depression.
2. Explain that uncontrolled stress can interfere with the treatment of major depression.
3. Explain that effective stress management may reduce the severity of symptoms the patient experiences, as well as help improve the health and well-being of the patient.
4. Discuss that stress may exacerbate adverse health behaviors such as increased tobacco, alcohol or other substance use as well as overeating, all which can increase the severity of the depression and increase risk of suicidal behaviors.
5. Discuss various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
  - a.      Becoming aware of your own reactions to stress
  - b.      Recognizing and accepting your limits
  - c.      Talking with people you trust about your worries or problems
  - d.      Setting realistic goals
  - e.      Getting enough sleep
  - f.      Maintaining a reasonable diet
  - g.      Exercising regularly
  - h.      Taking vacations
  - i.      Practicing meditation
  - j.      Practicing self-hypnosis
  - k.      Using positive imagery
  - l.      Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation

- m. Participating in spiritual or cultural activities
- 6. Provide referrals as appropriate.

**DEP-WL WELLNESS**

**OUTCOME:** The patient/family will understand some of the factors which contribute to a balanced and healthy lifestyle.

**STANDARDS:**

- 1. Explain that a healthy diet is an important component of emotional health.
- 2. Emphasize the importance of stress reduction and exercise in emotional health.
- 3. Refer the patient/family to support groups as appropriate.